

# **Diamonds For Daily Living**

15.3.2013

## **Healthy Minds and Hearts.**

The apostle John prayed for both Physical health and Spiritual health. “Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers”(3 John 2). Mental health comes from spiritual health. “For God has not given us a spirit of fear, but of power and of love and of a sound mind”( 2-Timothy 1:7). Usually, there are two reasons for being stressed out: your body is diseased and needs healing OR you have allowed your mind to wallow in self-pity, bitterness and resentment.

Toxic thoughts poison the body, mind and soul. Are you living in sin by letting them rot, decay, decompose your soul like cancer and cause bitterness and resentment? Are you controlled by anger, fury, rage? OR do you love the things God loves? Is His will your will?

The secret of good health is to put your hope in God—the God of your Salvation. Praise the Lord with your whole heart—especially when things are going as bad as they were for the psalmist in Psalm88. Remember, physical health is a blessing from God. But more important than a healthy body is a mind that thinks godly thoughts and a heart that seeks after God. Even though life’s problems seem to be overpowering, keep praying. God answers prayers. All that God is and all that God has is available to believers who pray. We do not hope God answers prayers—we KNOW God answers prayers. Elijah prayed for life to return to the widow’s dead son (1-Kings 17:21) and the son lived. Joshua prayed and the sun stood still( Joshua 10:12). Jesus prayed and disease disappeared and demons trembled (Matthew 8:16-17). PRAYER BRINGS RESULTS.

There is hope in the living God. His grace is sufficient and His mercy endures forever. He has set you free from sin and His arms surround you with everlasting love. His angels go before you. Nothing is impossible to you, for His love is upon you and He has called you His very own. So, love Him with all your heart, with all your soul and with all your mind.

## **12 Causes of Affliction:**

1. Sin (Gen 3:16; Ps 25:18; 89:32)
2. Backsliding (Ps119:67)
3. Misuse of tongue (Pr 26:28)
4. Resentment (Gen 16:4—11)
5. Pride (Job 33:14—29)
6. Impenitence (Pr 1:30-31 & Rev 2:21)
7. Born in trouble (Job 5:6)
8. Hardness of heart (Ex 4-12)
9. Idolatry (Judges10:6-10; 2 Kings17)
10. Forgetting God (1-Sam 12:9-10)
11. Hypocrisy (Mt.23)
12. Mistreatment of others (Gen 27 with 32:11 and Gen 37 with 42:21)